



**American
Red Cross**

Together, we can save a life

STANDARD FIRST AID & CPR & AED

**American Red Cross
SAF1056-HR**

Not taught at the E.B. Cape Center. To learn where and when these classes are offered send and email to the **HR Safety Hotline**.

PURPOSE: To give employees the knowledge and skills necessary to perform during a medical emergency.

LEARNING OUTCOMES: Upon completion of this course, employees will be able to demonstrate proficiency in First Aid, Cardiopulmonary Resuscitation, and Automatic External Defibrillation

CONTENT:

- How to determine the safe response to an emergency situation
- Recognizing and caring for life-threatening emergencies in adults, such as respiratory, choking, and cardiac problems
- Caring for injuries including severe cuts and burns, sprains and strains.
- Caring for sudden illnesses such as poisonings, bites and stings
- Recognizing and caring for heat- and cold-related emergencies
- Automated External Defibrillation (AED) information
- Workplace emergency planning

METHODS: Lecture, video, discussion, group activities

LENGTH: 8 hours / 1 session

AUDIENCE: All employees. Class size is limited from 6 to 10 employees for one instructor. Up to 20 can be taught by two instructors if available. Contact us for help.

PREREQUISITES: None

CEU CREDITS: 0.8 CEU Credits